Got Thyme

Seaside Herb Society
Ormond Beach, Florida

January 2021

Monthly Newsletter

Upcoming Event

Our Next Zoom Meeting is on *January 16th, 2021, at 9:30 a.m.*
Look for your invite by email from Andrea Forster a few days before this meeting. If not received, check your spam. If you did not receive it, send Andrea an email to request your invite.
Your friends and family (Guests) are welcome to join our meeting—send Andrea their email for a Zoom invite.

Pamela Kelley
&
Debra Sanfilippo

Editor's Note

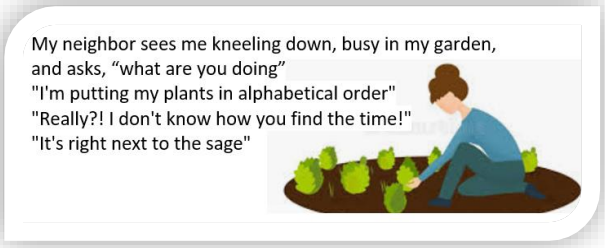
Dear Seaside Herb Society members,

We had an extraordinary December Zoom meeting with many members in attendance. Great to see everyone healthy and celebrating the Christmas season together.

Deb announced there will be no membership fees this year, and guests are welcome.

During Deb's presentation, it was mentioned that peanut butter is added to many recipes in many cultures. I could not imagine peanut butter in soups and other main dishes, whereas Deb said she loves it in anything. Well, I was treated for my birthday dinner at the local Thai restaurant on Granada Street. Remembering what Deb said, I ordered their house dressing made with peanut butter on my salad, and it was delicious. I am now hooked on peanut butter salad dressing.

Another suggestion to add interest to our newsletter is for members to submit memories of past meetings and information about the history of SHS. Please send pictures and any historical news for new members to enjoy and older ones to reflect on.



Our Mission is: We gather in the spirit of friendship and cooperation to learn more about herbs, and to use this knowledge to educate and benefit others.

MEET OUR MEMBERS

Andrea Forster

"She was not quite what you would call refined. She was not quite what you would call unrefined. She was the kind of person that keeps a parrot." --Mark Twain

I came across this quote by Mark Twain a long time ago and thought that it portrays me.

I was born and raised in Philadelphia, PA. In 1988, after graduating from nursing school and getting married, my husband Carl and I moved to Ormond Beach. We have a daughter Brittany, a Physical Therapist, a Golden Retriever named Max, and a Double Yellow Headed Amazon parrot named Marley.

I enjoy reading and listening to audiobooks, meditating, and working on staying healthy. I volunteer for the Golden Retriever Rescue of Mid Florida and recently signed up to volunteer for the Red Cross.

My herb garden right now is a bit of a mess. There are Rosemary and Chives. I also have oregano and mint that has completely taken over everything! I have several Milkweed plants that I didn't have the heart to pull out because it was the first time we had tons of monarch butterflies! This year I plan to have a more orderly garden.

I mostly use herbs for cooking. I decorate with some, adding them to flower arrangements. I sometimes keep some mint or basil cuttings in a vase on my kitchen windowsill.

I learned about the Seaside Herb Society when my mother and I attended a Spring Herb Faire. I don't recall the year, but we went several times. I think I joined as a member around 2010. I was the secretary from 2014 until 2019, when I started serving as the VP. I have learned so much from this group and have made life-long friends.

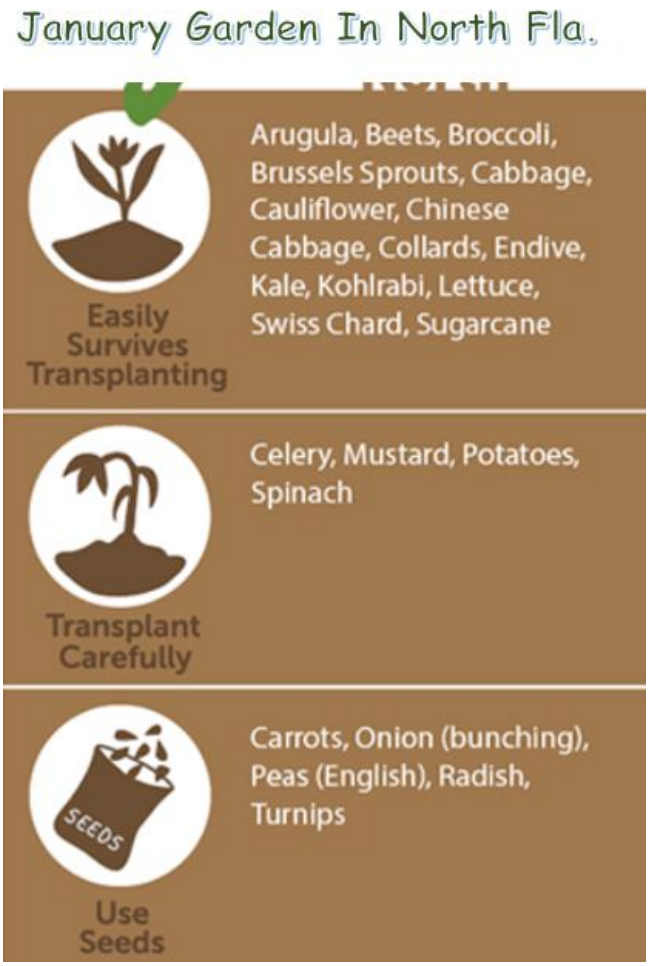
What's on My Bookshelf

No member submissions this month

Do you have any favorite books and other resources you recommend, please forward them to me (Rebekahsuemead@yahoo.com) to be added to future newsletters!

2021 Monthly Program
Herbs

January – Parsley *herb of the year
February - Curry Leaf
March – Tarragon
April – Paprika
May – Arugula
September – Fennel
October – Thyme
November – Rosemary
December – Ginger



https://gardeningsolutions.ifas.ufl.edu/plants/edibles/vegetables/vegetable-gardening-in-florida.html

International Herbs

December's presentation was given by Deb Sanfilippo and Andrea Forester.

Difference Between Herbs and Spices

- Herbs and spices are plant produce that are mostly used for seasoning of foods and to enhance flavor and aroma of recipes
- Herbs are obtained from leaves of plants, whereas plants are obtained from roots, stem, bark and other parts of plants
- Herbs are grown in temperate climate, while spices are found more in tropical and semi tropical climates
- Herbs have more medicinal values, and are used in various ointments and crèmes
- Some spices are also used as preservatives

Christmas Herbs and Spices
By Debra Sanfilippo

Rosemary is used for decoration and cooking. Rosemary trees are commonly decorated at Christmas. The legend is that the rosemary plant bloomed and bore fruit out of season, the night Jesus was born.

Rue – an evergreen herb used for centuries in church ceremonies; small bushes were dipped in holy water to bless the congregation. Grows I any soil. Often dried and hung in the home to banish evil.

Bayberry – also known as Myrica or Wax Myrtle. The wax found on the fruits was used to make candles during the holiday season. Used as bayberry scented candles and church incense.

Cinnamon is from the bark of the Cinnamomum tree. During biblical times, Moses said that holy anointing oil should contain sweet cinnamon and cassia. Now used in holiday foods and decorations. It was given as a gift to prized dignitaries.

Frankincense – made from the resin of the Boswellia tree, which grows in India, Africa, and the middle east. A woody, spicy smell. It can be inhaled, absorbed through the skin, steeped into a tea, or as a supplement. A widely known first given to baby Jesus from the three kings. Commonly burned during church masses, also added to holy oil for anointing individuals during baptisms.

Lavender – associated with Christmas Holiday. It was believed that Mary washed the swaddling clothes for Jesus with the fragrant herb. A favorite scent for holiday gifts.

Myrrh – comes from the resin of the Commiphora tree. Commonly used as an incense in church ceremonies, often during the holidays. It is also one of the gifts given to baby Jesus by the three kings. During ancient times myrrh was many times more valuable than frankincense.

Ginger – used in many forms during the holiday season. In its powder form, used in recipes from cakes to cookies. The root may be ground and used in culinary dishes, candies, ginger ale, and ginger beer production.

Sage – commonly used in culinary dishes during the holiday. Legend also holds that Mary and baby Jesus hid in a sizeable blooming sage bush when King Herod was hunting for them. For this reason, sage is known as the herb of immortality.

Bedstraw – also known as Gallium, is an annual herbaceous plant (an herb) that may have been used in Jesus' manger. Bedstraw has a sweet honey aroma that is released when warm.

Jewish Holiday Herbs

Jewish traditions described by the Mishnah indicates 5 common herbs used during Passover.

*lettuce
*chicory
*horseradish
*dandelion greens
*parsley

Traditional Hanukkah foods using herbs:

Brisket – stew with potatoes and onions, often using thyme and parsley

Latkes – potato pancakes, including scallions and onions

Kugel – Jewish egg noodle casserole, using cinnamon and occasionally cloves

Diwali

A holiday observed by Hindus and Muslims. A festival of lights, lasting 5 days, between mid-October and mid-November. People wear their finest clothes, illuminate their homes, and partake in family feasts.

Common foods using herbs:

- Fried dumplings with cardamom
- Vegetable samosas – a side dish using curry
- Indian potato patties, with coriander relish
- Indian Rice Pudding – using saffron, cardamom pods, and rosewater
- Cardamom biscuits enjoyed with steamy chai.

Kwanzaa
By Andrea Forester

Kwanzaa is a celebration of African culture that started in the 1960s by African Studies professor Dr. Maulana Karenga. It is reflective of agricultural traditions in ancient Africa. It begins on December 26th and lasts until January 1st. On New Year's Eve, the celebration consists of a feast called Karamu. It is a feast and a cultural holiday and is celebrated in addition to religious holidays.

The traditions of Kwanzaa are focused on community building, self-reflection, and honoring African cultures. Each day the focus on one of the seven principles that promote self-improvement and community building:

1. Unity (Umoja)
2. Self-determination (Kujichagulia)
3. Collective Work (Ujamaa)
4. Cooperative Economics (Ujamaa)
5. Purpose (Nia)
6. Creativity (Kumbha)
7. Faith (Imani)

The colors of Kwanzaa are Black, Red, and Green. Each day a candle is lit, starting with the black one. The candle is held in a candle holder called a kinara, and the kinara is placed on a special mat called a mkeka. On the 7th day, gifts are exchanged, reflecting the 7 principles of Kwanzaa.

The Kwanzaa feast is focused on collaboration and is usually a pot-luck where everyone who gets together for the celebration contributes. The feast consists of east and west African cuisines and also Creole and Cajun dishes. Examples of dishes served, are Creole shrimp cakes, New Orleans Crab cakes, black-eyed pea fritters, fried green tomatoes. The herbs used in preparing food for this feast are curry, garlic, ginger, red pepper, cinnamon, and cumin.

Reference:

https://www.mccormick.com/articles/mccormick/kwanzaa-recipes-and-traditions

Crafty Herbs

Pomanders
By Deb

Historically in the 17th century, people soaked roses in musk oil (see recipe below) and made it into an aromatic ball of perfume. They coated it with cinnamon and cloves to prevent infection and foul odors.

Musk Fragrance

Use this mixture of common essential oils to replicate a similar musk scent, like that of Ambrette Seed Absolute.

- 10 drops Vanilla
- 7 drops Cedarwood
- 7 drops Myrrh
- 9 drops Frankincense
- 9 drops Patchouli
- 1 ounce light carrier oil (Apricot Kernel, Sweet Almond, and Grapeseed are good choices)

Add all ingredients to a dark glass essential oil bottle. Seal tightly and shake gently, but thoroughly.

Modern pomanders are made using oranges or another citrus, studding with whole cloves, and then rolling in a dry spice/herb mixture. It may last many years serving an air freshener or perfume. Keeping drawer of linens and clothes fresh and moth free.

Cover orange with whole dry cloves, skewer a hole first, using a toothpick or skewer. Roll into spice mix containing cinnamon, nutmeg, ground cloves, or ginger.

Hang from a ribbon or place in bowls as a centerpiece, with pine branches.

In a humid environment, may add orris root to dry spice mixture, acts as a fixative.

Cinnamon is an antifungal, so use as a fixative also.

May dry in oven, lowest heat, 4-5 hours.

Recipes

Cranberry sauce with Pears and Ginger

¾ cup water
½ cup sugar
1 tsp powdered ginger or 1 T fresh grated ginger
¼ tsp cinnamon
¼ tsp salt
12-ounce bag cranberries
2 pears unpeeled, cut into ½ inch pieces *apples may also be used

Bring water, sugar, and spice to a boil in a heavy saucepan; stir. Then stir in cranberries and pear pieces and return to a boil. Reduce heat to simmer. Sauce will begin to thicken; may take up to 15 minutes for a jellied effect. Cool and Serve.

Herbal Mint Cookies

1 cup butter
½ cup sugar
½ tsp peppermint extract
2 cups flour
¼ tsp salt
2 T. dry mint leaves
½ cup miniature chocolate chips

Cream butter w/ sugar add extract. Add mint leaves, flour, salt, and chocolate chips. Chill. Roll into log, wrap in plastic wrap, or wax paper, refrigerate at least one hour.
Slice. Place on parchment covered baking sheet 1 inch apart.
Bake 12-15 minutes at 350 degrees.
Optional: sprinkle or roll in powdered sugar when cool.
Makes 3 dozen.

Pine Tea
By Deb

1. Spruce, pine, and fir trees are safe.
   - ✓ Avoid Norfolk, yew, or cypress trees
2. Look for unblemished, fresh, branches of pine needles:
   - ✓ Rinse in cold water
   - ✓ Using scissors, cut into small pieces
3. Make Tea:
   - ✓ 2T. pine needles
   - ✓ 1 cup boiling water
   - ✓ Steep 10-20 minutes
   - ✓ Add honey or lemon as desired.
4. Health Info:
   - ✓ High in Vitamin C, Vitamin A and antioxidants/flavonoids
   - ✓ Citrusy flavor used for cough or congestion.
   - ✓ Avoid tea if pregnant.
5. Can be ordered online through Amazon:
   - ✓ Juniper Ridge
   - ✓ Douglas Fir Spring tips
6. Light and delicate tea. Scent and taste like a forest.

Indian Rice Pudding

1/3 cup basmati rice
2 quarts whole milk
1 ½ tsp ground cardamon
¾ cup granulated sugar
6 T. chopped pistachios
½ tsp salt
½ tsp rose water

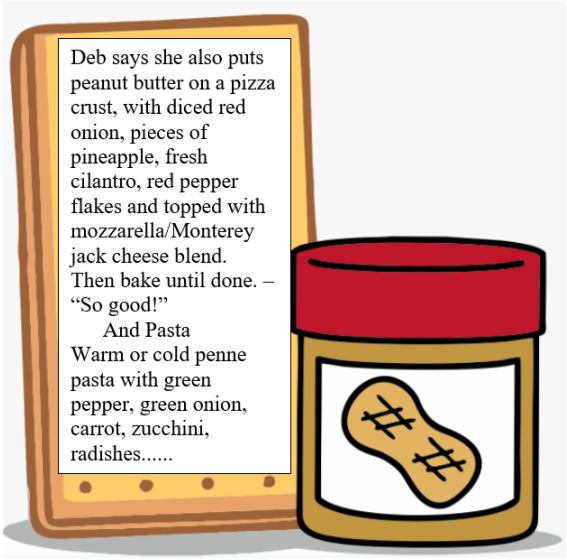
Rinse the rice well, then combine with the milk and cardamom in a heavy saucepan over medium-high heat. Bring to a bubble, then reduce the heat to a gentle simmer. Cook, stirring occasionally, until the rice is very tender, and the milk has been reduced by almost half, about 45 to 50 minutes. Stir in the sugar and 4 tablespoons of the pistachios and continue to cook, stirring more frequently, until the pudding is the consistency of a thin porridge (it will thicken as it cools), another 15 minutes or so.
Remove from heat, add salt and more sugar or a dash of ground cardamom if you like, then stir in the rose water.
Serve room temperature or chilled, topped with the rest of the pistachios. -- cooking.nytimes.com

Thai Peanut Dressing Recipe

A creamy Thai Peanut Dressing made from pantry ingredients, this dressing is delicious on salads, grilled chicken, or for dipping appetizers!
8 servings -- Calories 59kcal

- 1/4 cup creamy peanut butter
- 3 tablespoons rice vinegar
- 2 tablespoons coconut aminos or soy sauce
- 2 tablespoons honey or agave nectar
- 2 tablespoons lime juice from one lime
- 1 tablespoon fresh ginger minced
- 1 teaspoon sesame oil
- 2 cloves garlic minced
- 1/4 teaspoon crushed red chili flakes
- Salt and freshly ground black pepper

1. In a small bowl, whisk together peanut butter, rice vinegar, coconut aminos, honey, lime juice, ginger, sesame oil, garlic, and red pepper flakes.
2. If the dressing is thick, thin with water. Season to taste with salt and pepper (I like 1 teaspoon salt and 1/2 teaspoon pepper) and more red chili flakes if desired.



Deb says she also puts peanut butter on a pizza crust, with diced red onion, pieces of pineapple, fresh cilantro, red pepper flakes and topped with mozzarella/Monterey jack cheese blend. Then bake until done. – "So good!"

And Pasta
Warm or cold penne pasta with green pepper, green onion, carrot, zucchini, radishes.....

Puzzle of the Month

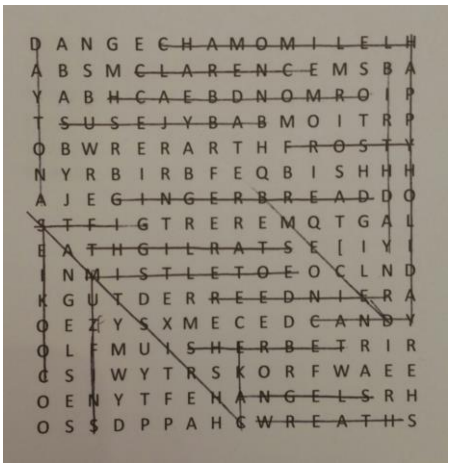
Send me your answers, and I will post in the the names of who got all the answers correct in our next newsletter.

1. **Unscramble each set of letters to form an herb or spice**
2. **Gather all the letters underlined in red (spaces with ? mark) and unscramble those letters to make a gardening phrase.**

INSEA	_ ? _ ? _
FABLAYE	? _ _ _ ? _ _
YACAWAR	_ _ ? _ _ _ _
MAMADROC	_ _ ? _ _ _ _
CLIMEMAHO	_ ? _ _ _ _ _ _ _
YUCRR	? _ _ _ _
SMALLRAWHOM	_ _ _ ? _ _ _ _ _ _ _
EVITAS	_ _ ? _ ? _
STARNIPME	? ? _ _ _ _ _ _ _
GRANTORA	_ _ _ _ ? _ _ _

Unscramble all letters that fell on a red ? mark to find a common garden phrase _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _

December Word-Find Puzzle Answers



The two towns in Volusia County, Fla in this puzzle were: Daytona and Ormond Beach

I made one TYPO-ERROR (Mistake- Z should have been F) in muffins!!

Please share your SHS memories. Send your pictures and stories about how SHS got started, what we've done throughout the years and why you love being a member. Send your memorblia to rebekahsuemead@yahoo.com

New Year's Resolutions

Make do-able plans and stick to it

January: Prepare garden: Weed and mulch

February: Buy seeds, plant cold weather crops

March: Plant warmer weather crops

April: Transplant, prune, and organize companion plants

May: Fertilize periodically

June: Save some seeds from cold weather crops for next fall or year

July: Water frequently in the evening to prevent sunburn to foliage of plants while keeping the soil moist

August: Harvest plants; prepare the soil for fall planting

September: Time to reap the benefits of your labor- eat, can, and freeze your crops

October: Mix organic compost into your soil

November & December: Share plants and crops